

PEARLS OF WISDOM

For Living a Richer Life

Compiled by
Patricia Crane, Ph.D.
and
Rick Nichols



The
Crane's Nest

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The information in this book is designed to impart information to help individuals in making positive changes in their lives. The ideas presented are not meant to substitute for medical care or psychological assistance.

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DEDICATION



This book is dedicated to all of the authors whose stories are contained within these pages. They shared honestly and openly from their experiences so that others might benefit from their wisdom. May their words inspire you and assist you on your path.

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ACKNOWLEDGMENTS



Over the last several years, we were often asked, “how did you do it?” when people discovered that Rick and I had each published a book. Most of the people we spoke to also wanted to publish a book, but had little idea of the process. So they began suggesting that we publish an anthology of stories. We thank those who kept reminding us that we said it was a wonderful idea. One day Patricia finally put together the email to send out about the project. Through the amazing technology we call the internet, thousands of people around the globe were offered the opportunity to be included in this book. We had no idea what would happen, but within hours we had more than enough responses to fill not just one, but two books! We thank all the authors who took the time to write their stories and meet our deadlines as well as they did.

We appreciate the efforts of our editor Bobbie Probststein, also an author and dear friend. In the midst of a busy holiday season she managed to focus on each story and help craft it into a stronger contribution. We also thank our personal assistant, Stephanie Swink, who read the final drafts of each story and still found those

little typos and grammatical errors we had all missed. Her usual career these days is professional organizing (and she is very good at it) so we appreciate the time she diverted to help us with the last phase of the book. Since publishing Patricia's book only four years ago, the industry standard for submitting a book to a printer has changed to InDesign, a program Rick hadn't used previously. He is grateful to Kera McHugh, also our webmaster, who patiently walked him through some of the elements of this new program. We are also grateful to Steve Pawlacyk of Media Lithographics, Inc. for his invaluable assistance in liberating these words from our computers and setting them free to do their work in the world through this book. Finally, we thank our families and friends for their ongoing support. While not directly involved in this project, their love and positive energy assist us in all that we do.



INTRODUCTION



While traveling and teaching personal growth workshops worldwide, we have noted that people in every country, at the core of their being, want the same things: meaning in life, happiness, and peace. The powerful stories in this book, contributed from ten countries and twelve states in the US, support that observation. You will read of challenges with health, relationships, finances, career, and self-esteem. More importantly you will read of the triumphs in overcoming those adversities. The authors share honestly and intimately about the obstacles they overcame on the passage towards the life of their dreams. They recount their healing journeys emotionally, spiritually, and physically. Their stories will inspire you with their courage and determination. Through these pages it is our desire that you find exactly what you need at this time in your life to inspire you with the possibility of creating the life you want.

For the most part, the authors in this book are not professional writers, but all of them are engaged in fulfilling work that is designed to help others heal on

every level. About half of them have trained with us as Heal Your Life, Achieve Your Dreams workshop leaders. They are everyday people from a multiplicity of cultures, education, ethnicities, and nationalities. They represent a rich mix of backgrounds and points of view. Therefore, in reviewing the materials submitted for this anthology we were immediately reminded of the reality that the English language is not the same to all people. The British, Australians, Canadians, Irish, Scots, New Yorkers, and Californians all speak and write slightly different versions of it. Not to mention the authors for whom English is not their native language. This can be a challenge when compiling a book with such language and cultural diversities. In all fairness, whose English language do we use?

The biggest challenge we have all around the world is non-acceptance of the differences in peoples, their belief systems, and their ways of doing things. We feel the world would be a much more peaceful place to live in if we could honor the differences in people and cultures rather than trying to change everything to match our own way of being and doing. In order to support the idea of unity, acceptance and tolerance of diverse ways, we decided to be as open as possible to these differences during the editorial process. We have also been careful to allow the personalities of the authors to shine through their words. To prepare you for the differences in spelling, punctuation, colloquialisms, and sentence structure you will find the authors' name along with their home country or state directly beneath the title of each story.

It has been a pleasure for us to compile this anthology. We suspect that you may find just the right insight on the following pages to move you in one way or another

toward a happier, more fulfilled life. If not that, then at least we know that you will enjoy these lovely pearls of wisdom from our everyday sages.

Love and blessings,

Patricia & Rick

January 23, 2006

San Diego, California



G IS FOR GRATITUDE

Michele Hatfield Quesenberry, Maryland



*“I created a fun way to condition my
mind to see the good in life. . .”*

Life is all about perspective; it’s your choice how to see it. Over the last 15 years my perspective of the world has changed dramatically. Back then, I lived in misery, believing the outside world determined my life experiences. A common phrase used to describe how I felt: *hating life*. Now it is: *passion for life!* I proudly display my current mode of operation with a personalized license plate: LOV2LIV. Being the co-creator of my life, I’m tickled to catch other drivers smiling in my direction as I grin with joy behind the wheel. This transformation wasn’t quick or easy; however, I created a fun way to condition my mind to see the good in life. I invented a game called *The Gralphabet™*.

The Gralphabet™ (*gral’fa bet`*), *n.* a system of characters or signs in alphabetical order with which the language of gratitude is expressed. Ex. A - I am grateful for *apples* because they are scrumptiously tasty and a healthy

snack. B - I am grateful for *breathing* because it gives me life. C - I'm grateful for *cartoons* because they give me a good *chuckle*... I got a double! I'm grateful for chuckling too. D - ...

The Universe responds to thoughts and beliefs. What I decide to focus on is exactly what I'm going to see. When hating life was my motto, I saw people were out to get me, out to better themselves by using me. I believed I didn't need people for anything and pushed them far, far away. I thought I was tough and didn't care how much pain I had to endure to prove to the world that I could handle it on my own. Of course the result was a feeling of emptiness, a gaping hole of loneliness that I pretended wasn't there, yet felt so deeply. I blamed life for doing this to me instead of acknowledging that my feelings were only a reflection of the thoughts and beliefs I projected outward. Negativity consumed my mind and I allowed it to have power over me.

One day, the avoidance of misery stopped. I caught myself in the mirror and saw an empty shell of human flesh, a young woman who hated herself and felt unworthy of love or friendship. Something deep inside knew that wasn't true, yet tears began to flow. I had been so tough for so long that once I opened the door to feel the pain, the floodgates opened; I sobbed for days. I knew I didn't want the rest of my life to feel that empty or else I wanted my life to end. I had found the cold, dark empty space that was longing to love and be loved.

A few months later, beginning to awaken my consciousness with a handful of self-help books, I finally reached out for help. A friend introduced me to someone who was willing to support my growth as long as I was willing to listen to her advice. She saw my pain more clearly than I did and gave me an assignment: "Write down twenty things a day that you are grateful for."

TWENTY things, I thought. *How can I think of twenty things when I can barely think of two or three?* The challenge took a couple of weeks to overcome procrastination. Finally, desperate to get out of myself, I began.

Every night I searched my mind to come up with something to be grateful for. In a few weeks my closed little mind began opening. The more I sought gratitude, the more I realized how much abundance there was in life and how I'd taken so much for granted. My mother took me in after six years of being on my own when I hadn't cared to share much of my life with her. There was a roof over my head, a comfortable bed to sleep in and blankets to keep me warm. At times, when I didn't have money for lunch, co-workers would share so I wouldn't go hungry. My boss allowed me to make my own schedule and study on the clock during down time. The community even supported me with public transportation, as my car often broke down. Not only did I need people, I started to see how much I relied on them.

Practicing gratitude enlightened me in so many ways. For the first time I pondered how miraculous life really was: amazing how much energy and effort went into the smallest things! Giving thanks at mealtime turned into a feast of appreciation for the sun, the rain, the seeds, the trees, the wind, the soil . . . all of Mother Nature. The number of hands and physical bodies it took to have food in front of me were countless. The farmers, the inventors of tractors and machinery, assembly line workers, drivers, chefs, marketers and even the grocery store clerk. The list would go on and on! Expressing gratitude brought so much fun and joy that I created a game to experience that overflowing affection, awe and appreciation any time of the day.

The Gralphabet helped me see the positive, and helped me feel and experience the abundance of love and support in the world, even during a tough run or long drive. It kept me centered and trained my mind to automatically seek *what* and *why* to be grateful—changing focus from what I didn't like to what I really loved. Many things I had seen as ugly or negative now had beautiful or positive attributes. All I had to do was ask one question: What can I be grateful for?

That gaping hole inside me was now full. Life transformed because I changed my view and the Universe was responding. I played the game on my own and often shared with others. I made it even more fun by challenging myself to think of two or three things per letter. Thoughts popped all day long with a resounding: *Yes! I'm grateful for that too!*

Over the years I learned to say the entire Gralphabet for a specific topic, like my body, a holiday or Mother Earth and discovered an abundance of things I'd previously taken for granted. Writing the Gralphabet for someone special has proven to delight another's heart for a lifetime. Children love the game and are guaranteed to remind you over and over again how to play.

Every time I ponder the miracles that happen in my own little body, I'm overwhelmed with joy and appreciation for life. Shifting that same contemplation to family and friends, to God, to Mother Nature, the planet, the Universe, I realize miracles are just endless. The attitude of gratitude has transformed my life. The more abundance and miracles I see the more abundantly and miraculously the Universe responds. I am eternally grateful and absolutely LOV2LIV!

Let's do the Gralphabet!

I'm grateful for:

A - The incredible **Abundance** life offers just for the asking!

B - The **Beautiful Blossoms** the earth so graciously gives us!

C - The endless flow of **Creativity**!

D - **Dancing** vivaciously!

E - **Energy** in motion... **E-motion**!

F - **Forgiveness**, a constant letting go!

G - **Gratitude**! There can never be enough thanks!

H - **Holding Hands**, such a gentle loving gesture!

I - **Intimacy**! In-to-me (or you)... see?

J - **Jumping** with **Joy**!

K - Random acts of **Kindness**!

L - **Love**! The ultimate healer!

M - **Mistakes**! The greatest teacher!

N - **Nature**! What an amazing kingdom!

O - **Oxygen** because we are deep breathing and alive!

P - **Prayer**, incredible communication with Spirit!

Q - **Quarrels**! No differences would be boring!

R - **Rest and Relaxation**! Time to **Rejuvenate**!

S - **Silliness**! Lighten up with a **Silly Smile**!

T - **Tears**, a natural way to release sadness or sorrow and express great joys!

U - **Universal** Wisdom! A higher connection words cannot describe!

V - Vision! What a powerful tool our
Creator gave us!

W - Wonder! Being in awe of the world!

X - X-chromosome! Life is more fun with
two sexes!

Y - You! You are unique and you make a
difference!

Z - Zeal, an extraordinary enthusiasm for
life!

Try it out for yourself—Go through the letters of
the alphabet, state what you're grateful for and why.
Have fun conditioning your mind to be even more
grateful!

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MICHELE HATFIELD QUESENBERRY: Michele is the creator of the *Gralphabet™*, a fun process used to empower and condition the mind to be grateful. She is a Certified Holistic Spiritual Counselor, Energy Practitioner and Heal Your Life Workshop Leader with ten years of experience facilitating individual and group empowerment programs. Her vocation is dedicated to the integration of emotional, physical, mental and spiritual well-being. Her passion is teaching individuals how to release limiting patterns and replace them with positive empowering ones which attract the life they truly desire. Michele is the founder of Grateful Bits, LLC and Vibrantly Alive! Visit her web site at www.GratefulBits.com.

DELIA REGAN: As a certified teacher of Heal Your Life, Achieve Your Dreams workshops, Delia runs courses and facilitates talks, workshops and seminars. She is also a qualified Life Coach, Reiki Master and practitioner in Aromatherapy Massage, Indian Head Massage, Hopi Ear Candling (Thermo-Auricular massage) and

Emotional Freedom Technique. Delia is inspired and committed in her profession to promote self-healing within the individual and offers the therapies to the work establishment and home with 'Pamper Days'. Living in Liverpool, U.K. she offers her inspirational workshops and talks farther afield. She can be contacted on 44 (0)151 733 9368, E-mail: Anthony@Regan2146.freeserve.co.uk

GEORGINA RODRIGUEZ PAZ: Georgina is a certified Heal Your Life, Achieve Your Dreams workshop leader in Mexico. She has a Personal Development Diploma from Iberoamericana University, and is currently completing her Master's there. Some of the many self-development courses she has participated in are: Silva Mind Control, Dale Carnegie Trainings and Franklin Covey Courses. She has an MBA from Nuevo Leon University in Mexico. She is located in Monterrey, NL Mexico. Phone: (52) 81-10-63-46-49 e-mail: norma_georgina@yahoo.com.mx.

SUSAN ROBERTS: Susan and her husband Stuart Cobb Alexander, run a company dedicated to helping people realise their true potential, utilising a synergistic approach to achieving fulfilment and success. Stuart, a naturopathic nutritionist and fitness consultant, helps clients to attain optimum health and vitality. Susan, a personal development coach and trainer supports clients to achieve what is most important to them. Susan runs workshops and one-to-one coaching programmes, which include Building Confidence, Work/Life Balance, Career Direction and Achieving Ambitions. For tips, tools and more details on nutrition, fitness and personal development programmes visit their web site www.cobbalexander.com or e-mail them at info@cobbalexander.com

BEVERLY STALEY: As a Certified Life Coach, Beverly believes in working with the "whole" person. She uses her extensive education, training and experience in psychology, expressive arts and relationship counseling to enrich her holistic coaching approach. Beverly has developed and presented many self improvement workshops, including Visioning®, Self Esteem and Life Coaching where she helps participants clarify their vision, uncover their passion, then create goals for success. Beverly has a private coaching practice in Orange County, CA but does much of her coaching by phone and is able, therefore, to coach anywhere. She may be contacted at 949-459-1080 or e-mail: bevstaley@cox.net.

ANITA STAPLETON-MIROLO: Anita is a qualified Life Coach, Heal Your Life Workshop Leader, Meditation Teacher and Reiki Practitioner and holds a degree in psychology and philosophy. Located in Dublin, Ireland, Anita offers regular personal develop-

ment classes, workshops, group coaching and personal coaching in and around the Dublin area and is available to travel to other parts of Ireland. In the long term, Anita plans to record guided meditation CDs and publish self-help articles and books. For more information, please visit her web site at www.asm-healing.com. To contact Anita, please telephone (+353) 01 8339951 or e-mail anita@asm-healing.com

STEPHANIE SWINK: Owner of *Loving Life Services* and co-owner of *Organizing Angels* in Orange County, CA, Stephanie is a spiritual counselor, Authentic Happiness coach and Professional Organizer (www.yourorganizingangels.com). She has been in the business of assisting people in positively transforming their lives for many years. As personal assistant to author Louise Hay, she responded to thousands of “Dear Louise” letters and simultaneously graduated as a Licensed Religious Science Practitioner from Holmes Institute in 1999. Through her seminars, retreats and organizing services, Stephanie fulfills her hearts desire of supporting people in truly loving their lives! Contact her at (949) 230-9102 or visit www.stephanieswink.com.

CARRIE THOMAS: Carrie offers intuitive healing (including phone sessions), and self-development workshops. She is fully qualified in ‘The Work’ (Byron Katie’s wonderful method for quieting stressful thoughts), facilitating individual sessions (including phone) and workshops. Visit www.touchwoodspirit.com or ring +44(0)1792-522443 for more information, including her intuitive healing that incorporates channelled divine wisdom, and the use of Touchwood Flower Essences to help ease you through stressful periods in your life. Workshops include: healing, intuition, change, ‘The Work’, forgiveness, self-esteem, angels and spiritual development. Located in Touchwood, Swansea, South Wales, Carrie also travels to other venues to offer her workshops and healing.

YVONNE VERNON: Yvonne is a teacher of divine and spiritual integration through God and His angels in our lives. Sharing her gifted insights she inspires and teaches us to align our consciousness with divine consciousness realizing peace, love, balance and harmony bringing whole healing to the body, mind and spirit. She is presently authoring a book, *Divine Intervention for Healing*. Visit her web site at www.angels-are-real.com for information on her courses, powerful faith building tele-sessions, summer solstice retreats, private angelic messages and products. Or call her at (604) 465-7517. She is located in Vancouver, British Columbia, Canada.

CORENE WALKER: Corene lives in Cambridge, New Zealand with her two wonderful children. Professionally, Corene is a Corporate Coach, Graduate of CoachU University, USA, and a Heal Your Life, Achieve Your Dreams workshop leader. Her leadership experience includes a background in human resources, health and wellness and a solid understanding of the fundamentals of human behaviour and interpersonal dynamics. She coaches virtually allowing her to work with corporate teams and individuals worldwide. Corene's strength is in working with people to create a culture of caring truth, high performance, advanced communication, inspirational team leadership and high emotional intelligence. E-mail: corene@empoweringgroup.net. T: +64-7-8232901, www.empoweringgroup.net.

SARAH WATERS: Sarah is a business woman, teacher and spiritual channel working throughout the UK, whose aim is to help people reach their highest potential. She is dedicated to her own spiritual growth and knows that by doing her own inner work she can help heal the world. Sarah can be contacted by e-mail: sarah@healingfeelings.co.uk.

MARDI ZEUNERT: As the principal of her business, Inside Life, Mardi is a personal coach and facilitator. She also works in her other business as an author, project manager and marketer. Mardi is passionate about people development and is a qualified Heal Your Life, Achieve Your Dreams workshop leader. Her passion is personal coaching, working one-on-one with people to assist them to realise their dreams and become who they want to be in their life. Contact Mardi for further information on her life leadership packages: Inside Life, PO Box 193, Goodwood 5034, South Australia. Mobile: + 61 (0) 0438 886 522 e-mail: pezed@senet.com.au

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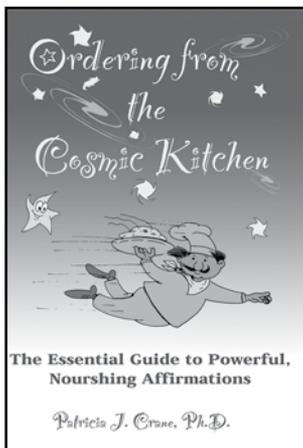
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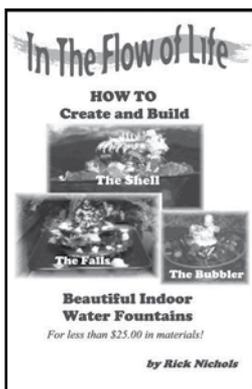
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